

Abstract

Title:

EFFECTING EXERCISE REGIMEN OF CHILDREN AT YOUNGER SCHOOL AGE

An alternative form of triathlon contest as a possibility to build a positive relationship to physical activity in children

Objectives:

To compare motion and diet patterns and basic parameters of body constitution in selected children divided into two groups: a random population and a population of children devoted to a specific physical activity – triathlon.

The aim was to focus on contests organization and management, identify its weak points and suggest a suitable alternative with the ambition to bring children closer to any of disciplines triathlon is consisting of or to triathlon itself in a longtime fashion.

Methods:

Body height and weight measurements, BMI calculations. Questionnaire survey. Arrangement of a triathlon contest in its new alternative way. Evaluation.

Results:

A group of children actively doing triathlon shows more balanced distribution of body weight in comparison with data obtained when measuring random children during PE lessons at schools where cases of obesity and underweight were found.

Triathlon contest model based on adult category is not convenient for children at younger school age considering their development characteristics.

Arrangement of a non-competitive triathlon contest confirmed its positive acceptance by children and represented a manageable way of triathlon for children at younger school age.

Keywords:

triathlon, children, body constitution, contest